

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

~ SPECIAL EDITION MAY 2020 ~

Hi Everyone!

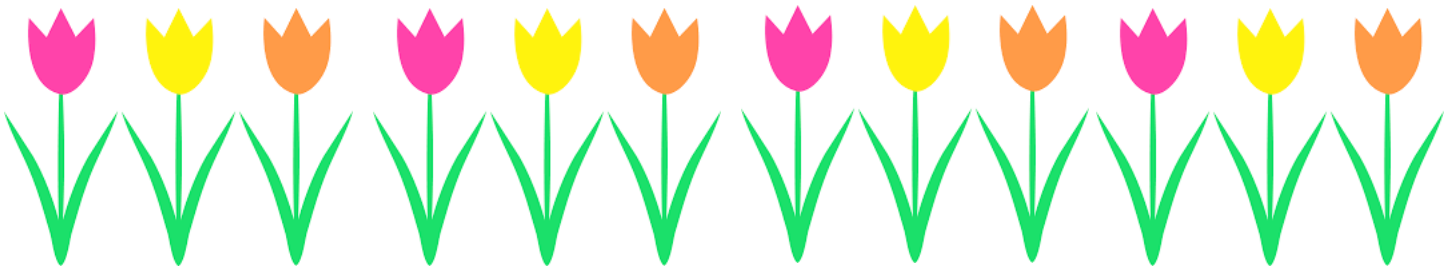
We miss you all so much, but we hope you're doing well and staying safe! It's quiet here at the Center, but the tulips out front are about to bloom, and we have had a few bear sightings right here on Maple Road!

We're excited to be offering some online classes and groups for you to participate in from your homes, so check them out if you haven't already! All online program information can be found here, on our Facebook page, or on our website at www.mansfieldct.org/seniors. If you need a hand accessing any of our online programming, just give us a call and we'll walk you through it! Remember, free WiFi is available from the parking lots of the Community Center, the Library, the Town Hall, the Middle School and EO Smith High School if you need it. WiFi networks are named MnsfldGuest, with the exception of EO Smith, which is named EOSGuest.

We will continue to post program updates and important information to the Senior Center webpage and our Facebook page; be sure to check the Town of Mansfield website for important information as well. And, if you or someone you know needs any assistance at all, please contact us at 860-429-0262 or the Human Services office at 860-429-3315.

Once this all ends and we are able to safely resume activities on site, you can be sure we'll have a fabulous celebration! For now, please know that you're all in our thoughts, and we are so looking forward to the day when we can see you here in our Center again! Until then, stay well and take good care!

With love,
Sarah, Mary, Jordan, Skye and Sharon



Mansfield Senior Center
303 Maple Road, Mansfield, CT 06268
Tel: 860-429-0262 Website: www.mansfieldct.gov/seniors

Online Programs

Join us for our new online programming! Using your smart phone, tablet, or computer, you can access fitness classes on our YouTube channel or join us for our weekly social hour in our Zoom room! New fitness classes are posted to our YouTube channel every week!

Yoga with Tami



Experience the many health benefits of this gentle restorative practice. All you need is a blanket and some pillows!

www.youtube.com

Search: Mansfield Senior Center

Strength and Stability with Margie



This cardio and toning class is designed to work your body at whatever level you're comfortable. You will need water bottles for weights, a round pillow for a ball, a towel for a band, and a hard kitchen chair.

www.youtube.com

Search: Mansfield Senior Center

Zoom Social Hour



Join your peers and Senior Center Staff for a chatty social hour!

www.zoom.us

Zoom Meeting ID: 996 3196 3410

Password: 2EP1ap

Coming soon:

Gratitude Journaling with Pat Schneider

Check our YouTube channel for new programs and other fun videos!

STAY CONNECTED AND INFORMED

Town of Mansfield—mansfieldct.gov

Eastern Highlands Health District—ehhd.org

Center for Disease Control—www.cdc.gov

Medicare—www.medicare.gov

211 CT—www.211ct.org

Senior Resources Agency on Aging—seniorresourcesec.org

Like us on Facebook: Mansfield Senior Center

Follow us on Instagram: [mansfieldseniorcenter](https://www.instagram.com/mansfieldseniorcenter)

WRTD Dial-A-Ride Transportation— 860-456-1462



Congrats to our Volunteers of the Year,
Joe Hynes & Irene Dube!
Thank you to all of our volunteers whose
continuous effort and dedication make the
Senior Center a great place to be!



Since we can't be together this year...

Happy May Birthday!

Happy Mother's Day!

Happy Memorial Day!


From all of us at the Mansfield Senior Center



Social Distance Bingo

It's time for Social Distance Bingo! Keep track as you complete activities on the card. If you get a bingo horizontally, vertically or diagonally, you win a prize! Fill the whole card to be entered to win the grand prize! To submit your entry, mail the card to 303 Maple Road Mansfield, CT 06268 with your full name, or call 860-429-0262 and leave a message with your name and the activities you did. Deadline for entry is May 31st.

Good luck and have fun!

List 3 places: You want the senior center to go to when this is all over!	Complete: 20 arm curls 20 knee lifts 20 ankle rolls	Take a Walk OR Get some Sun!	Take 3 deep breaths! -In through your nose, count 1...2...3 -Hold, count 1...2...3 -Out through your mouth, count 1...2...3	Clean out your junk drawer! Throw away garbage, wash the drawer and share the weird items you find with us!
List 3 things: You are grateful for today!	Call: A senior center friend or a family member !	Clean out your pantry/cupboards. How many expired items do you have?	Share: An easy recipe you love!	Name ALL 50 States! NO CHEATING!
Drink 64 oz. of water in one day! Daily Suggestion Source: Webmd.com	Stimulate your mind! Complete one crossword, word search, Sudoku or other puzzle		Reminisce! Look through old photos !	Listen to music that makes you happy !
Attempt a self portrait! Look in the mirror put your skills to work!	Write about: A positive & memorable time in your life!	How many words can you come up with in two minutes using the letters from: CORONAVIRUS	Mail: A letter to a friend or family member	Play a Card Game
Make something creative (Ex: Cooking, drawing, craft, etc..)	Pay it forward! Give someone a compliment	List 3 things: Of which you are grateful	Write down: A piece of advice you would give to younger generations.	Purge ! Go through your phone and clean out apps / pictures that you no longer want or use

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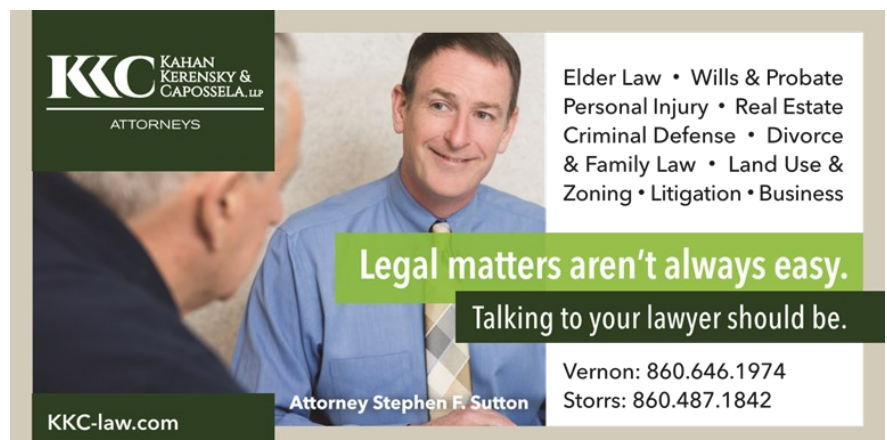
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Legal matters aren't always easy.
Talking to your lawyer should be.

Vernon: 860.646.1974
Storrs: 860.487.1842

Attorney Stephen F. Sutton
KKC-law.com

**PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS -
THEY HELP MAKE THIS NEWSLETTER POSSIBLE!**

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12 ISSUES OF ADVERTISING:

FOUR LINES FOR \$100.00. BUSINESS CARD SIZE FOR \$300.00.

For more information, please contact the Human Services office at 860-429-3315.

**Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268**

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